



# MY STUDENTS DON'T DO THAT!

## Student Health Behavior & School Response

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# Today's Agenda



Nutrition and Physical Activity



Sexual Behaviors



Alcohol, Tobacco, and Other Drugs



Emotional Health and Violence

# Let's have a conversation

## SYMBOLS



School practices



Teacher practices and needs



Student Behavior



Student Knowledge



Policies and laws

## ABBREVIATIONS

ATOD Alcohol, Tobacco, and Other Drugs

CDC Centers for Disease Control

HS High School

HSA Healthy Schools Act

LEA Local Education Agency

MS Middle Schools

PA Physical Activity

PE Physical Education

YRBS Youth Risk Behavior Survey

# Schools provide more PA opportunities than ever before and students are responding...



Offer at least one PA opportunity

100%



Play on a sports team

55%

MS PE knowledge

50%

HS PE knowledge

43%



Active for  
5+ days

28%

# ...but we have a long way to go with PE.

Offer at least one PA opportunity

100%

Play on a sports team

55%



MS PE knowledge

50%



HS PE knowledge

43%

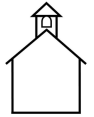
Active for  
5+ days

28%

89  
Actual  
PE Minutes

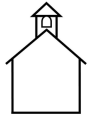
225  
Target  
PE Minutes

# Schools provide healthy breakfasts to students...



Provide free breakfast

100%



Serve locally grown foods

80%

Elementary nutrition knowledge

70%

Teach nutrition

55%

HS nutrition knowledge

52%

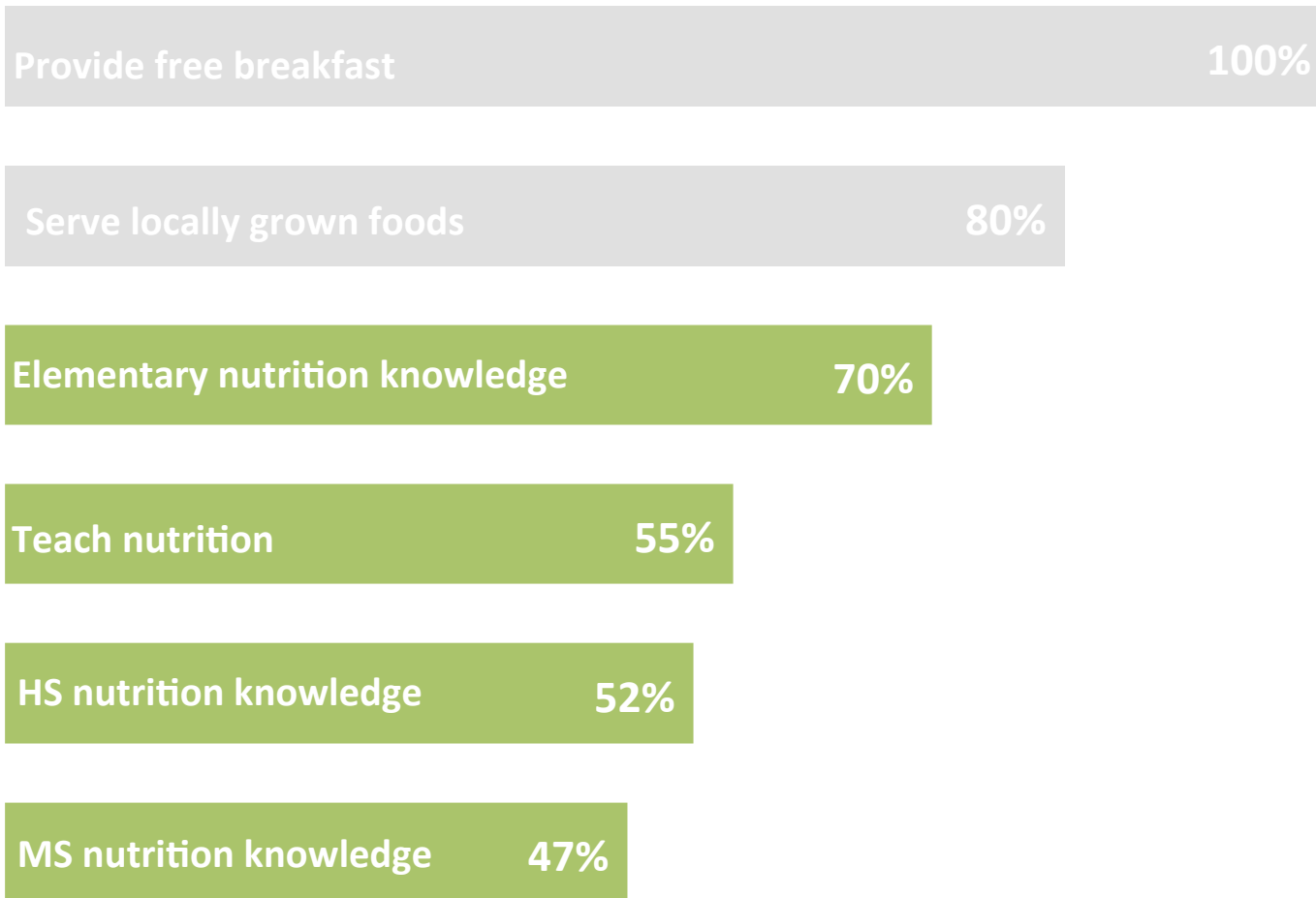
MS nutrition knowledge

47%



The *Healthy Schools Act of 2010* has guidelines for nutrition and physical education

# ...but need to provide more nutrition education...

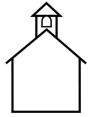


# ...because 17% of high school students are overweight and 15% are obese.



Provide free breakfast

100%



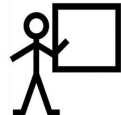
Serve locally grown foods

80%



Elementary nutrition knowledge

70%



Teach nutrition

55%



HS nutrition knowledge

52%



MS nutrition knowledge

47%



Overweight



Obese



# High school students are sexually active...

Teach human sexuality 94%

Want human sexuality Professional Development 87%



HS ever had sex 54%

HS sexuality and reproduction knowledge 53%

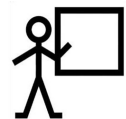


HS currently sexually active 37%

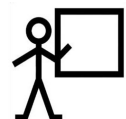


HS had sex with 4+ ppl 22%

# ...and teachers want more sexual health PD.



Teach human sexuality 94%



Want human sexuality Professional Development 87%

HS ever had sex 54%



HS sexuality and reproduction knowledge 53%

HS currently sexually active 37%

HS had sex with 4+ ppl 22%



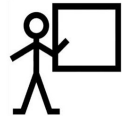
High school students are required to take 1 semester of health

# Middle school students also are sexually active...



Teach human sexuality

94%



Want human sexuality Professional Development

87%



MS Human body and  
sexuality knowledge

49%



MS ever  
had sex 19%



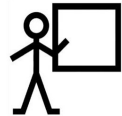
The *Healthy Schools Act of 2010*  
requires 75 minutes of health  
education in grades K-8

# ...and school environment and student knowledge shows:



Teach human sexuality

94%



Want human sexuality Professional Development

87%



MS Human body and  
sexuality knowledge

49%



MS ever  
had sex 19%



The *Healthy Schools Act of 2010*  
requires 75 minutes of health  
education in grades K-8

# Quick Stretch!

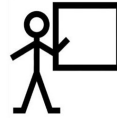


# Teachers want more support to teach ATOD...



Want ATOD Professional Development

87%



Received ATOD Professional Development

66%

HS ATOD knowledge

63%

MS ATOD knowledge

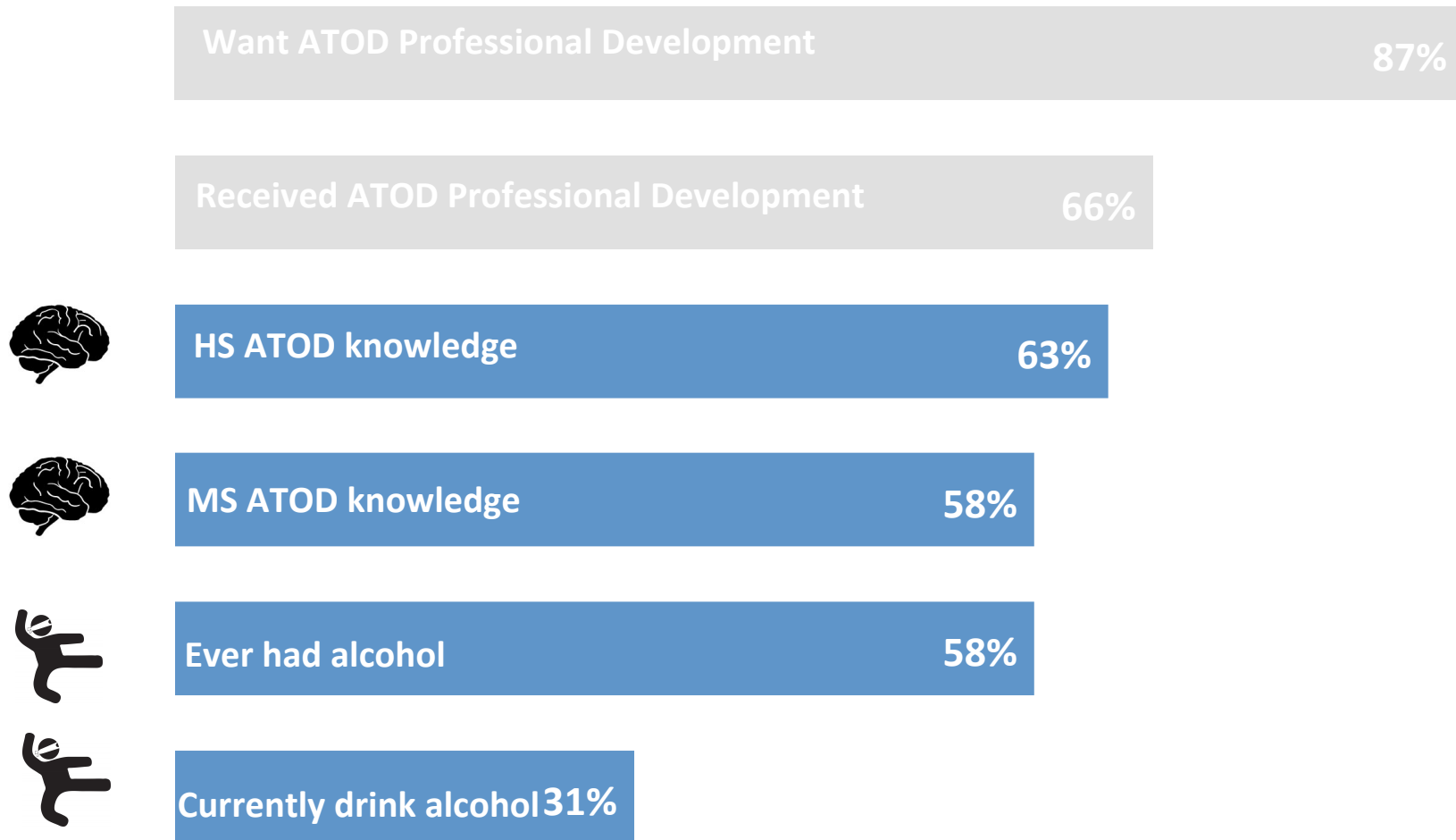
58%

Ever had alcohol

58%

Currently drink alcohol 31%

# ...which is reflected in student knowledge and behavior...



# ...particularly as we look at the rising popularity of synthetic drugs (marijuana)....



Want ATOD Professional Development

87%



Teach tobacco use prevention

46%



Use synthetic  
marijuana

20%



Smoke  
cigarettes

14%

2012

17%

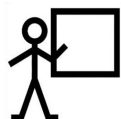
2007

10%

Use cigars,  
cigarillos, or little  
cigars



# ...and cigars, cigarillos, and little cigars.



Want ATOD Professional Development

87%



Teach tobacco use prevention

46%

Use synthetic  
marijuana

20%

Smoke  
cigarettes

14%



2012

17%



2007

10%

Use cigars,  
cigarillos, or little  
cigars

# Our students experience mental health problems...

**9%**

Forced to have  
sexual intercourse

**13%**

Attempted suicide

**15%**

Seriously  
considered suicide

**15%**

Made a suicide  
plan

# ...our schools are doing a lot to help...



Teach emotional & mental health

100%

Need more behavioral  
health services

77%



Partner with organizations for  
emotional health

70%

Elementary emotional  
health knowledge

69%

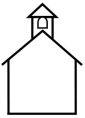
MS emotional health  
knowledge

63%

# ...but we need to do more.

Teach emotional & mental health

100%



Need more behavioral health services

77%

Partner with organizations for emotional health

70%



Elementary emotional health knowledge

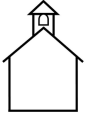
69%



MS emotional health knowledge

63%

# Schools have strong anti-bullying and safety programs and policies...



Have an anti-bullying policy

92%



Teach injury prevention & safety

88%

HS safety skills knowledge

66%

ES safety skills knowledge

66%

ES safety skills knowledge

62%

Bullied in MS

30%

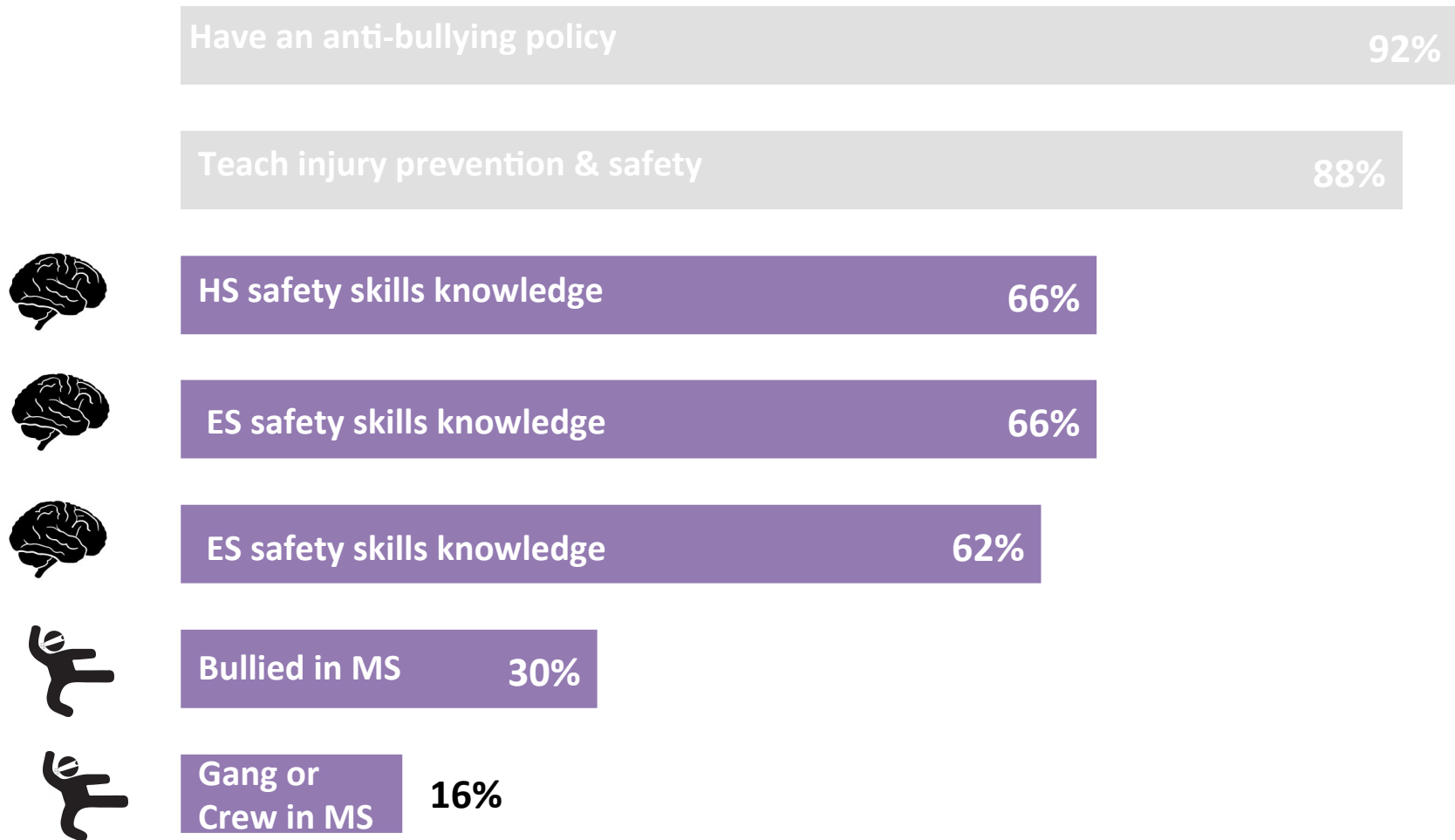
Gang or  
Crew in MS

16%



*The Youth Bullying Prevention Act of 2012* required the establishment of bullying prevention policies in LEAs

# ...however students are involved in violence.



# Brief Pair-share

- With a partner, discuss initial thoughts about the data.
- Consider your challenges and actions you are taking to address these gaps.
- What are some successes you would like to share with the larger group?
- Think of any new strategies that might work with your school and students.

# You make a difference! -Working session-

- *Your successes here*



# Questions?

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- Healthy Schools Act evaluation and assessment
- Healthy Schools Act School Health Profiles

**Ife Bamikole**, [ifedolapo.bamikole@dc.gov](mailto:ifedolapo.bamikole@dc.gov)

- Health data requests
- Health data analysis

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- CDC School Health Profiles
- YRBS